

THE LEADER

Warriors of the North



Vol. 40, No. 9

Grand Forks Air Force Base, North Dakota

March 4, 2005

...and the
winners
are?

Page 4



With
honor

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Travel card
need to
know

Page 8



319th Air Refueling Wing

Mission: The 319th Air Refueling Wing is the finest combat air mobility wing in the world's greatest air and space force.

Vision: To be the best at everything we do!



Air Refueling

Week of
Feb. 20 - Feb. 26

91%

Air Land

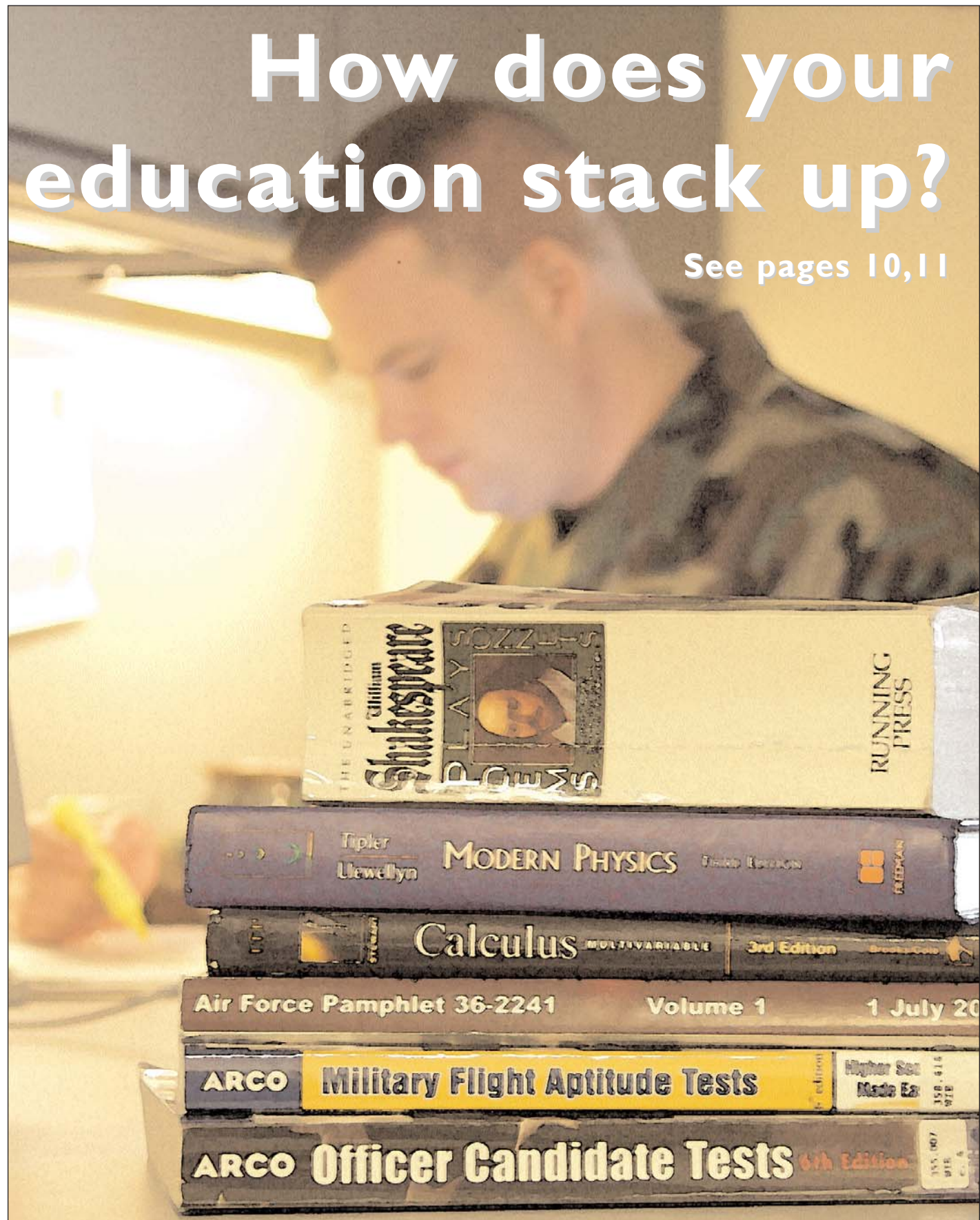
Week of
Feb. 20 - Feb. 26

100 %

Snow Line: 747-SNOW
(7669)

How does your education stack up?

See pages 10,11



Perspective

Getting from bottom 10 to top 10

By Master Sgt. Stu Eidenshink
Base career assistance advisor

As Grand Forks Air Force Base's career assistance advisor, I have the privilege of speaking to lots of enlisted people. Recently, I told a group of them that I ran across a copy of my high school transcript while shuffling through some of my old tax records. I told them I had never looked at it closely before, but after doing so, I discovered I had graduated 10th in my class. The Airmen seemed somewhat impressed... that is until I mentioned I had not graduated 10th from the top but actually 10th from the bottom. You can guess by that how stimulated I had been to rush off to the nearest university and begin a college education.

It took a year of hard work on our family farm to convince me I needed to talk to the local recruiter. I told him if he had a job that didn't involve picking rocks or bailing alfalfa then he had himself a recruit. Before I knew it, I found myself graduating from basic training, technical school and progressing on my way to my first duty station. I was pleasantly surprised at how capable of learning I actually was. With a little encouragement I enrolled in my first college course. After accumulating a few credits with great grades I discovered I had actually sold my self short.

Throughout my career I've continu-

ally aspired to enhance my management and leadership abilities. My fellow Airmen didn't sit idle either; I knew if I was to match their abilities, I needed to take advantage of every personal and professional development opportunity offered. I'm first in line for professional military education (whether I want it or not), and I'm humbled by the knowledge I've gained from the courses or by simply interacting with other students. I've heard that in the corporate world, if a business isn't moving forward they are likely moving backward. In other words, those who sit idle are moving backward because competition is always improving. Like a business, I also kept moving forward with college as well, ultimately completing my master's degree. Again, I was surprised at the number of enlisted members right here who have made similar achievements.

Just as PME and college courses aid in professional and personal development, professional enhancement seminars have also become an important part of the enlisted career path. In fact, nearly 700 of our warriors have already attended the various professional enhancement seminars and courses offered here. These seminars are now permanently recorded in the military personnel system. While most students sign up on their own, I imagine some are persuaded. Regardless of motivation, you can leave these programs with enhanced leadership skills,

“It took a year of hard work...to convince me I needed to talk to the local recruiter.”

-- Master Sgt. Eidenshink

additional tools for your leadership toolbox and a few new acquaintances. No matter what your rank or where you are at in your career - an opportunity to enhance your abilities likely exists.

The base has about 250 senior non-commissioned officers (including first sergeants and chiefs) available to discuss career progression. In addition, the education center is staffed with full-time counselors to discuss off-duty

education opportunities. I am also available to discuss career options at my office in the community activities center. Airmen can also sign up for professional enhancement seminars and courses and obtain career information via the CAA Website (https://private.grandforks.af.mil/Units/319HQ/careerassistance/Career_Assistance.htm).

Take time to use these resources. Don't sell yourself short.



Col. Mark Ramsay
319th Air Refueling Wing
commander

Action Line

Call 747-4522 or E-mail
commandersactionline@grandforks.af.mil

The Action Line is your avenue for information about events and activities on and around the base. For questions about current events or rumors, leave a message.

Questions will be answered in the order they are received.

33

Consecutive DWI-free days

Goal is zero DWIs.

THE LEADER

Warriors of the North

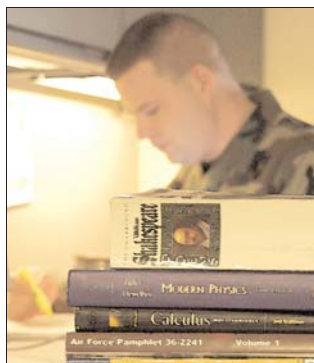


Photo by Staff Sgt. Monte Volk

Cover: Professional development is crucial to being a well-trained Airman. This issue focuses on military and civilian education opportunities. See pages 10 and 11 for details.

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News

It's more than just history lessons

By Linda Fuglestad

319th Civil Engineer Squadron

March is National Woman's History Month. Its roots begin with National Women's History Week in 1981, and then escalated in 1987 to its present status. Its purpose is to highlight the contributions made by spirited and courageous women as they fought against societal values portraying them as weak, second-class citizens.

Women's roles as scientists, educators, artists, historians, politicians, writers and informed citizens, have added culture, diversity and economic vitality to our nation.

One might ask, why do we need a Woman's History Month. "I'd respond how many famous men and their accomplishments can you name from history?" Now, how many women and their accomplishments can you name from history? Women were vir-

tually absent in history when I was in school. Dr. Myra and David Stalker, authors of "Failing at Fairness: How America's Schools Cheat Girls", claim that today's history textbooks only devote two to three percent of their content to women. The resolution for the National Women's History Month acknowledges "the role of American women in history has been consistently overlooked and undervalued in the literature, teaching and study of American history", and calls on "the people of the United States to observe that month with appropriate programs, ceremonies and activities."

Our nation's history is our strength; the National Woman's History Project believes women's history gives everyone the power and inspiration to succeed. I encourage you to participate in the events planned for this month and to challenge your friends and family to explore the wealth of knowledge and accomplishment that is woman's history.

Schedule of Events for Women's History Month

Mar. 4-30: Essay contest open to all. The base library will feature books by women authors.

Mar. 4: Base Exchange display at 10:30 a.m. to 1 p.m.

Mar. 10: Luncheon at the Northern Lights Club at 11 a.m. Cost is \$8 for members and \$10 for non-members.

Mar. 15: Parenting class held during the parent-tot playgroup from 10 a.m. - noon. Guest Speaker will be Judith Conerza from the parent information center.

Mar. 17: Marijo Shide, an honorary commander and past president of the International Federation of Women's Club will hold a discussion from 11 a.m. to 1 p.m. at the Prairie Rose Chapel.

Mar. 21,22: Self defense classes at the fitness center.

Mar. 24: "Improv" at the CAC. Starts at 6:00 p.m.

Mar. 30: Ladies Night Out at the CAC sponsored jointly by the Women's History Committee and Services. Free movie to follow

News

Honoring year's best, brightest warriors

Civilian Program Specialist of the Year

Mrs. Denae Grove
319th Aeromedical Dental Squadron



During a recent health services inspection, Mrs. Grove played a key role in the health and wellness center being recognized as having "the best program inspected in calendar year 2004." Due to her efforts, the HAWC attained a six percent Air Force fitness class "no-show" rate compared to 42 percent at Air Mobility Command. This savings merited Air Force and major command attention. She was also hand picked as Air Mobility Command's fitness consultant and provided cutting edge refinement to new Air Force fitness education and intervention programs.

Civilian Program Manager of the Year



Mrs. Carolyn Cooper
319th Comptroller Squadron

Mrs. Cooper has been a key member of customer support, directing the processing of mission-related travel documents and accurately dispersed payments totaling over \$8 million dollars. She helped the base

lead Air Mobility Command in two AMC directed travel system transformations, getting the base online ahead of schedule with minimal downtime.

Senior Civilian Program Manager of the Year

Mr. Glenn Garrison
319th Services Squadron



Mr. Garrison skillfully commanded the 319th Services Squadron for more than 90 days while the commander was deployed. He maintained food service operations despite a 50 percent manning shortfall. Mr. Garrison creatively supervised marketing efforts to energize advertising and promote services across the entire installation. His efforts led to a first place finish in Air Mobility Command's Around The World In Ninety Days promotion, earning the base \$25,000.

Honor Guard Member of the Year

Senior Airman Eric Wise
319th Civil Engineer Squadron

Senior Airman Eric Wise has been an invaluable asset to the 319th Air Refueling Wing base honor



guard. As flight sergeant for the red flight, He leads a team of 42 volunteers ranging from airman basic to lieutenant. Airman Wise was directly responsible for the training and performances at more than 250 funerals, retirements and colors ceremonies in 2004.

A poster child for the base honor guard program, Airman Wise is asked for by name to perform in base and community functions, due to his ability to showcase true pride and professionalism.

Airman of the Year

Senior Airman Michael Edmonson
319th Aircraft Maintenance Squadron



Airman Edmonson was selected to inspect technical order distribution on all wing aircraft. He was the first choice by supervisors to train Utah National Guardsmen on the installation of medical evacuation equipment. He has maintained a 100 percent pass rate on all quality assurance evaluations. Airman Edmonson was handpicked to sit on Senator Dorgan's Military Academy Selection Panel.

Non-Commissioned Officer of the Year



Technical Sergeant Lonnie Lloyd
319th Logistics Readiness Squadron

Sergeant Lloyd directed \$440,000 worth of bulk storage system upgrades. His efforts led to replacement of faulty system equipment and reinstituted system integrity. Additionally, Sergeant Lloyd's alertness averted a possible 60,000 gallon fuel spill. Sergeant Lloyd also directed flightline operations during exercise Crisis Look 05-01, ensuring 100 percent on-time fuel delivery to 10 aircraft.

Senior Non-Commissioned Officer of the Year

Master Sergeant Shane Downum
319th Operations Support Squadron



Sergeant Downum served as combat airspace manager for three theaters of operation. His efforts during Operation Enduring Freedom, Operation Iraqi Freedom, and Joint Task Force Horn of Africa

ensured the success of more than 7,000 Coalition sorties. His precise slot programming ensured delivery of more than 190,000 passengers and almost four million tons of cargo.

First Sergeant of the Year

Master Sergeant Doug Evans
319th Operations Support Squadron



Master Sergeant Evans serves as an enlisted leader to more than 200 squadron personnel. Additionally, Sergeant Evans' efforts helped relocate one-third of the squadron's dorm residents after a broken water pipe flooded the dorm. Sergeant Evans also serves as the First Sergeant's Council vice president. His efforts during the past year helped prepare four quarterly award luncheons recognizing more than 80 base personnel.

Company Grade Officer of the Year

Captain Maria Roberts



319th Logistics Readiness Squadron

Captain Roberts manages over \$60 million in assets and drove her squadron to 100 percent error-free fuel accounting for the past two years. She developed a winter-grade diesel conversion plan saving the wing \$5,000 in operational costs. She participates in numerous community events including the Girl Scout Head Start Daisy Literacy Program and the Hispanic/Latino Outreach Recruitment program.

Joan Orr Award for military spouse

Mrs. Bobbi Sturkol



Elected to the school board in 2004, Bobbi Sturkol has coordinated more than \$8 million in projects. Through her help the Twining Elementary and Middle School received \$2.6 million in funding to build a new gymnasium. Her work with the regional school district led to a grant of \$742,300 for school upgrades. As a volunteer coordinator and a parent-teacher organization member, Bobbi Sturkol coordinated more than 230 volunteers for 14 events, helping raise more than \$9,000 for school projects. Her efforts increased Eielson's parent volunteer participation more than 200 percent. As vice president of the Enlisted Spouses Club she helped raise membership 110 percent.

News

Help doctors heal you by being good patients

Compiled from staff reports

U.S. Military hospitals and clinics are observing Patient Safety Awareness Week, Monday through March 13. The theme of this year's observance is "Patient safety: the power of partnership."

Observance of Patient Safety Awareness Week here includes an educational campaign: "Ask me ... a patient's guide to the five steps of safer healthcare." The campaign's educational materials tell patients how to be active members of the healthcare team. A medicine guide is also available to help patients organize their prescribed medications. An important aspect of medication therapy is understanding the specific instructions on how to take medication, i.e., how many, how long, the purpose and what side effects may occur. These campaign materials will be available at a booth in the Family Practice waiting area.

As part of Patient Safety Awareness Week, the clinic offers the following tips to get the most from your doctor visit. Remember, the providers and office staff are there to help:

→ Ask questions! Doctors and other healthcare professionals want you to understand your condition and teach

you how to manage it.

→ Preparing for your doctor visit can help. Make a list of questions before you see the doctor.

→ Be sure to report anything to your doctor that doesn't seem quite right. Tell your doctor about any new or different symptoms.

→ Before you leave your doctor's office, make sure you understand what the doctor has told you.

→ If you have any questions about your visit after you get home, call the office and ask to speak with someone who can answer those questions.

→ Take all your medications to each doctor visit. This means prescription medicine, as well as, over-the-counter medicines. Over-the-counter medicines include vitamins, minerals and herbal remedies.

→ Don't forget to ask your pharmacist for assistance on any medication questions. Pharmacists provide expert advice to doctors and patients all day long.

Patient safety is a partnership that relies heavily upon open and honest two-way communication with your health care team. The "Ask me..." campaign hopes to bolster the partnership of patients and healthcare providers to reduce medical errors and ensure healthy outcomes.



Photo by Airman 1st Class Patrice Clarke

Patient Safety Awareness Week, Monday - March 13, is an annual event with the mission of educating Airmen and their families about how to become active members of their healthcare team.

News

Serving with highest honors

By Senior Airman James Croxon
Public affairs

Members of the United States Air Force Honor Guard demonstrated their precision and poise during a recruiting visit here Tuesday.

Chief Master Sgt. Kim Hector, Honor Guard chief enlisted manager, stressed the special care and attention the squadron places on its members. "We have our own support flight, our own dorms and an education office that actually brings instructors to the squadron for Airmen looking to earn a college degree," said Chief Hector.

The Honor Guard recruits Airmen from all over the world. According to Master Sgt. Andre S. Karr, superintendent, USAF Honor Guard Recruiting, many come directly out of basic training but anyone Master Sergeant and below is able to join.

Interested Airmen must have one year time-on-station before they are eligible to join. Airmen with a four year enlistment will serve on the Honor Guard for two years, said Chief Hector. Airmen with a six-year enlistment serve for three years. If they decide they real-

ly enjoy it they can extend for an additional year, and there are many things to enjoy.

Living in a dormitory with the Air Force's sharpest troops all working in the same field gives a true sense of camaraderie, said Senior Airman Francisco Garrigas, a member of the Honor Guard for three years.

"It's an amazing opportunity to pay honors to the fallen heroes of the country," said Airman Garrigas, who joined straight out of Basic Training.

It's not all somber formality for the Airmen of the Honor Guard. The members routinely raise the Colors at major sporting events, give tours of the Pentagon, and perform in ceremonies with other military services.

Another benefit is location. Bolling Air Force Base is situated snugly in the nation's capitol. "If an Airman doesn't have something to do on the weekend it's because they're out of town," joked Master Sgt. Ricardo Osborne, drill team lead.

For more information on becoming a member of the Air Force Honor Guard visit the website at www.bolling.af.mil/orgs/OG/HG/Index_HG.htm.



Photo by Senior Airman James Croxon

Master Sgt. Ricardo Osborne stands stoically while members of the Air Force Honor Guard drill team demonstrate the poise, concentration and teamwork necessary to represent the United States Air Force at events ranging from full-honor funerals at Arlington National Cemetery, to major public events such as sports events and air shows. Members of the Air Force Honor Guard came to Grand Forks to recruit some of the best Warriors of the North the base has to offer.

News

BRAC information

Base Realignment and Closure 2005 news, including the timeline, speeches and Congressional testimony, are available on-line at www.defenselink.mil/brac. The National Defense Authorization Act for Fiscal Year 2002 authorized the Department of Defense to pursue one BRAC round in 2005. **No installation closure or realignment list currently exists.** The official closure and realignment list will be available on or about May 16.

Instructors needed

Even though the snow drifts are still piled up, preparations are being made for the 2005 motorcycle season. The completion of an approved hands-on training course for all Air Force motorcycle riders is required prior to operating a motorcycle on or off base. With civilian courses in high demand, increased operations tempo and scheduling difficulties, the wing will establish a cadre of instructors. The training courses will be held during regular duty hours on base. Volunteers are needed to fill the instructor positions.

Certain pre-requisites are required for motorcycle instructors. These include:

- ➔ Instructor candidates must be volunteers.
- ➔ Instructor candidates must successfully complete the Motorcycle Safety Foundation Instructor Qualification Course.
- ➔ They must have no more than one year time on station or at least three years remaining on a five year controlled tour
- ➔ Commander's permission to take the time needed to conduct the training, (approximately three days per month).

Becoming an instructor requires a personal commitment to be available during the spring and summer months. Applicants must have several years riding experience and a valid motorcycle license.

For details call Tech. Sgt. Bryan Bailey, 319th Air refueling Wing safety at 747-3364.

Civilian Personnel System Rules

The Department of Defense and the Office of Personnel Management recently issued proposed regulations to establish the National Security Personnel System, a new human resources management system for civilian employees in DoD. The proposal offers new rules and processes for managing civilian pay, classification, per-

formance management, hiring, reduction in force, disciplinary matters, appeal procedures and labor-management relations. The proposed regulations have been published in the Federal Register and are available for public review and comment until March 16. All employees, managers and supervisors (including military members) are encouraged to provide comments on the proposed rules during this comment period. For more information, visit www.cpms.osd.mil/nsps

Gen. John Handy, Air Mobility Command commander, recently appointed Ms. Brenda L. Romine, deputy director of logistics, as the command champion for NSPS. In this capacity, Ms. Romine will head up an executive steering committee to lead the command in making civilian personnel policy recommendations involving such areas as compensation, performance ratings, employee feedback and funding issues.

"Although NSPS will pose significant challenges to our work force for the next several years, I fully support and endorse these changes and look forward to a more flexible and responsive civilian management system," said Gen. Handy.

Remembering heroes

Four Warriors of the North participated in the Veteran's History Project Saturday in Grand Forks.

Maj. Craig Gaddis, Capt. Colleen Ewasko, and 1st Lt. Robert Carpenter, 319th Aircraft Maintenance Squadron and Capt. Jason Schafer, and 2nd Lt. Jacob Sullivan, 319th Maintenance Squadron recorded the information and stories of veterans from all services who fought for the nation in various foreign wars.

For details go to www.loc.gov/folk-life/vets.

Personal travel card information lost, no evidence of misuse

By Jim Garamone

American Forces Press Service

WASHINGTON (AFPN) - About 900,000 Defense Department employees may be affected by Bank of America's loss and the possible compromise of government travel card information, Pentagon officials said Feb. 25.

This includes 1,401 active accounts and information on 333 closed accounts held by Warriors of the North, said 1st Lt. Richard Morgan, 319th Comptroller squadron financial services officer.

The General Services Administration and Bank of America notified DoD officials that "SmartPay" travel cards are affected. Officials said Bank of America has been monitoring the affected accounts, and there has been no evidence of fraud or misuse.

Bank of America officials are sending letters to affected employees.

"Information regarding travel card program accounts for individual cardholders has been lost, and it is possible that that information has been compromised, though we don't believe that is the case," said Teresa McKay, the Defense Department's deputy chief

financial officer.

Secret Service agents are conducting the investigation, with help from the Defense Criminal Investigative Service. Officials said that although there has been no evidence of criminal activity, release of details on the circumstances of the loss could jeopardize the investigation.

"Indications right now are that it is an accidental event," Ms. McKay said. "The bank has been monitoring the accounts involved from the onset, and to date there has been no indication of fraudulent activity."

The information is personal cardholder information -- names, Social Security numbers, addresses and account numbers -- on magnetic tape. The loss occurred in late December. GSA officials notified DoD on Jan. 19. Ms. McKay said the delay was necessary to protect the integrity of the investigation.

"The bank is in the process of notifying cardholders of the situation," she said. "They will be given a special customer service number that has been set up by the bank specifically for this purpose. If (cardholders) have any questions, they can contact the bank. If they would like, they may request that the bank cancel the card and reissue a card to them."



Ms. McKay said that consumers should always keep an eye on any credit accounts they have.

"It's always prudent for any cardholder to monitor their monthly statements (and) dispute any charges they may question, and also it's important for all of us to get a credit report at least once a year and look at the content of that report," she said.

Bank of America has set up a hotline for those affected. The number is (800) 493-8444. Cardholders who notice irregularities in their accounts should call the Bank of America at the number printed on the back of their cards, Ms. McKay said.

"If you are an affected cardholder, you may contact Bank of America for information on obtaining a free credit report," she said.

Request a fraud alert

A fraud alert lets potential creditors and others know you may be a victim of identity theft. A fraud alert can make it more difficult for someone to get credit in your name because it tells creditors to follow certain procedures to protect you. It also may delay your ability to obtain credit.

To set up a fraud alert, call the fraud department of one of the credit bureaus (listed below). It only takes a few minutes with the automated system and within 24 hours an alert is placed on your credit file. The consumer credit reporting companies share data so your alert request is automatically sent to the other bureaus. You should also receive a credit report in the mail from each of the bureaus within two weeks.

TransUnion

Fraud Victim Assistance Dept
Phone: (800)-680-7289
Fax: (714)-447-6034

Equifax

Consumer Fraud Division
Phone: (800)-525-6285
Fax: (770)-375-2821

Experian

Experian's National Consumer Assistance
Phone: (888)-397-3742

For details go to www.consumer.gov/idtheft or www.fightidentitytheft.com.

Free credit report rollout comes to Midwest

Compiled from staff reports

On Tuesday, the three nationwide consumer credit reporting companies - Equifax, Experian, and TransUnion began processing requests for free annual credit reports by North Dakota consumers at www.annualcreditreport.com. The Fair and Accurate Credit Transactions Act of 2003 requires that nationwide credit bureaus provide consumers, upon request, a free copy of their credit report once every 12 months.

A credit report contains identification information; payment history with different creditors; a list of inquiries made by various financial institutions; and

information on foreclosures or bankruptcies. Consumer reporting companies collect and sell this information to lenders and other businesses that have a permissible reason to obtain it.

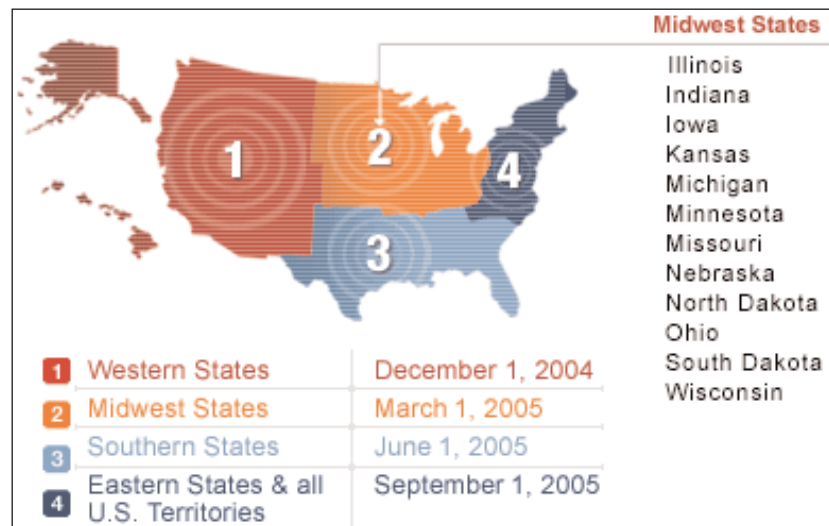
Consumers who use the Website www.annualcreditreport.com, will be able to obtain their free report online. Consumers may also request a copy of their credit report by phone at 1-(877)-322-8228 or by mail at:

Annual Credit Report Request Service

P.O. Box 105281
Atlanta, Ga. 30348-5281

-- for these methods, consumers must fill out a form.

Consumers may also choose to order free reports from all three nationwide consumer reporting companies at the same time, or stagger their requests over the course of the year. The law allows consumers to order one free copy from each company every 12 months. Consumers are also eligible to order a free credit report any time after their state of residency becomes eligible - they are not required to submit their request within a certain period of time.



Feature

Fraud, Waste and Abuse rampant

By **Airman 1st Class Patrice Clarke**
Public affairs

Fraud, Waste and Abuse is popping up everywhere on base. Fortunately, it's just the name of a local comedy improv troupe.

The group was started by Senior Airman Adam Crockett, Airman 1st Class Adam Wolff and Airman Justin Adkins and has grown to 11 members who are now taking the act outside the gates.

Q. How did the troupe come about?

A. Airman Adkins, 319th Aircraft Maintenance Squadron: The original conspirators were the two "Adams," (Wolff and Crockett). Whilst sitting in their nook drinking Earl Grey, they pondered the idea of creating an improv comedy group which would be matchless in wit and hilarity!

Airman Wolff, 319th Civil Engineer Squadron: In October, while at open mic night at the community activities center, we tossed around the idea of starting an improv comedy troupe.

The feeling was it would give young Airman something else to do on base and provide good, clean, family fun. Another factor was it would be cheap, so it wouldn't break people's pocketbooks. So far we've held true to this by setting our admission as one can of food per person for the family support center's food bank.

Airman Crockett, 319th Contracting Squadron: After suffering through "open mic night" at the CAC it forced Adam and Adam to pick up the theatrical slack and come up with entertainment on the spot.

Q. When was your first performance? How did it go?

A. Airman Wolff: Our first performance was Jan. 20, and we opened to a house of 56 people. From everybody we talked to about the show, it was a really great time.

Airman Adkins: It was marvelous and we had a great turnout, plus I was able to make a nice soup out of all the thrown tomatoes.

Q. Where do you get the ideas for your sketches?

A. Airman Wolff: We don't perform sketches. Our comedy is off the top of our heads. Sketch comedy is scripted. We perform two different types of improv. The first is "short-form" and consists of games similar to those played on "Whose Line is it Anyway." Short-form games generally require a lot of audience input, and have a basic set of rules, so the audience knows what to expect. The sec-

ond is long-form improv where we only receive one audience suggestion and the rest of our scenes develop from it. At our last show we created a DVD Special Edition. The audience suggested "Science Fiction" and "Star Trek." We then created a movie trailer, the feature movie and even special features. Long form generally lasts anywhere from 30 minutes to two hours.

Q. Do you guys practice?

A. Airman Adkins: Improv comedy takes time to learn. We spend many a day in arduous improvisational comedy-making sessions! In order to become successful or "funny" comedians, we practice... sometimes.

Airman Crockett: Everything we perform is on-the-spot. We do, however, drill on wit, reaction and character development. We want the show to run smoothly, but it has to be genuine, so we practice technique, not content.

Q. Who are your favorite comedians and why?

A. Airman Wolff: I seem to be the impressionist of the group, so it's no wonder I like comedians Dave Coulier (Joey from Full House, and America's Funniest People) and Michael Winslow (Police Academy). I have always been able to imitate different people, different voices and sounds so these guys are a natural choice. Besides, I think Dave Coulier is a really nice guy. I met him when I was 10.

Airman Crockett: Robin Williams and Eddie Izzard. Williams prepares for his stand-up routines with about a dozen bottles of water, and requires every one! It's his level of intensity that I respect. Izzard is by far, the most intelligent stand-up and challenges your mind.

Airman Adkins: I would have to say Mitch Hedberg is a pretty funny guy. His style of comedy is awkward at first, but once you understand it, it is pure genius!

Q. How do you get ready for a performance?

A. Airman Crockett: Red Bull, prayer and a few short warm-up games - Adam Wolff won't admit it, but he does Tai-Chi to Enya tapes.

Fraud, Waste and Abuse performs tonight at 7:30 p.m. at the Empire Arts Center, in Grand Forks. The cost is \$5. All proceeds benefit the Salvation Army and St. Vincent DePaul food banks. The hour-and-a-half show will be in the same vein as "Whose Line is it Anyway," with a special treat at the end.

Chapter 1: Climbing the educational ladder

By 2nd Lt. Randi Norton
Public affairs

Air Force recruiters tell perspective Airmen about all the Air Force offers. High on that list are educational benefits. Many Airmen don't realize they are already close to an associate's degree just for completing basic training and technical school.

Luckily, there is a place on base for Airmen to get the right answers to help them take advantage of their benefits and successfully climb the educational ladder.

"Our basic job is to help Airmen achieve their goals whether it's through a degree, training, testing or certification," said Bob Hauer, education and training officer at the education center.

Associates, bachelors and masters degrees in many areas of study are available from five colleges. Students can obtain a degree that relates to their personal interests or a specific job and can take classes in the classroom or online.

The education center can enroll Airmen in the Community College of the Air Force where they receive credit from military training.

The education center is also an official testing site for many examinations, including the Scholastic Aptitude Test and the College Level Examination Program. It also offers study guides for a variety of tests to ensure students are prepared.

In addition to all this, the center coordinates and monitors Career Development Course testing related to any Air Force career field.

A wide variety of certifications are also available at the center, including welding, auto mechanics or basic Emergency Medical Technician.

The center also provides guidance and counseling to help Airmen select the right education choices for themselves.

"We want to help Airmen develop an effective academic strategy and then help them follow through to achieve their goals," said Tim Sheving, supervisory education services specialist.

The education and training center is the first stop Airmen should make on their way to an associate's, bachelor's degree or further. For details call 747-3316.



Courtesy photo

The education center can help Airmen climb the ladder of education to not only earn a college degree, but to also earn that next stripe. Every Airman has already earned credits toward an associate's degree just for completing Basic Training and technical school.

Table 1.1:

CCAF degree; closer than you think

The Community College of the Air Force associates degree is closer than you think. Here's a breakdown of what it offers and what you need to earn it:

The Associate Degree in Applied Science

The associate degree in applied science is offered in the following broad career areas:

- Aircraft and Missile Maintenance
- Allied Health
- Electronics and Telecommunications
- Logistics and Resources
- Public and Support Services

Degree Completion

It takes 64 semester hours of credit to earn the degree regardless of the career area the Airmen concentrates in. The semester hours are divided as follows:

• Technical Education	24
• Leadership, Management and Military Studies	6
• Physical Education	4
• General Education	15
• Oral Communication	3
• Written Communication	3
• Mathematics	3
• Social Science	3
• Humanities	3
• Program Electives	15
Total	64

Graduation from basic military training earns the students 4 semester hours and automatically registers them into a degree program designed specifically for their Air Force specialty.

Contact

For information on earning a Community College of the Air Force degree visit the education center or call them. The student handbook and other information about the history and mission of the college can be found on the Community College of the Air Force website at <http://www.au.af.mil/au/au/caf/>.

Table 1.2:

Earn your commission

Ambitions of becoming an officer? A commission in the United States Air Force isn't easy but there are programs in place for your transition from stripes to bars.

Airman Scholarship and Commissioning Program

This program offers Airmen the opportunity to earn a commission while completing their bachelor's degree as a ROTC cadet.

Professional Officer Course-Early Release Program

The POC-ERP program offers Airmen who can complete all bachelor's degree and commissioning requirements within two years an opportunity to enter the ROTC.

Scholarships for Outstanding Airman

SOAR offers Airmen the opportunity to earn a commission while completing their bachelor's degree as an ROTC cadet.

Airman Education and Commissioning Program

The Airman Education and Commissioning Program offers Airmen the opportunity to earn a commission while completing their bachelor's degree.

There are other commissioning sources for Airmen. For more information on all sources go to <http://www.afots.af.mil/>

Table 1.3:

Thank the academy

All Airmen, both officer and enlisted, go through various training schools or academies. Here are the big ones.

OFFICER:

Squadron Officer School

Captains build the foundations for their careers in four curriculum areas: Officership, air and space power, leadership tools and applications.

Air Command and Staff College

Prepares field grade officers and U.S. civilians to apply air and space power during peace and war.

Air War College

The college prepares selected senior officers for key staff and command assignments, through the study of national security issues and the effective employment of aerospace forces in joint and combined combat operations.

ENLISTED

Airman Leadership School

Prepares Senior Airman for supervisory duties and fosters a commitment to the profession of arms.

The Noncommissioned Officer Academies

Provides NCOs with an understanding of their position in the military structure and helps them develop the skills necessary for supervisory positions.

Senior NCO Academy

Trains senior enlisted leaders leadership and management, communication skills and military studies. For more information on PME go to <https://afvec.lan-gley.af.mil/Pages/home.aspx>

Base Activities

Today

MEMBERS MAYHEM

Today at the Northern Lights Club there will be free food, drawings for prizes and entertainment. Everyone is invited. Cost is free. For details call the club at 747-3392.

Saturday

PRETEEN VIDEO NIGHT

Saturday is Preteen Video Night for ages 6-12, from 7 to 9 p.m. at the youth center. It is free for members and \$1 for non-members. Popcorn is included.

Sunday

NO SUNDAY BRUNCH

The next Sunday Brunch is March 13.

Monday

CANDY BINGO

The youth center for this fun event for ages 6-12, from 5:30 to 6:30 p.m. It's free for members and \$1 for non-members.

Wednesday

DESIGN-A-TOUR

Call outdoor recreation, name a place, a date and they will help organize the trip. Design-a-tour is a simple way to plan a getaway to the destination of your choice. Only six people are needed for the trip.

For details call 747-3688.

Thursday

NEXT AMERICAN IDOL?

Check out the WAR Center every Thursday night from 7 to 11 p.m. for karaoke. All it takes is a voice and little bit of courage to participate. For details, stop by or call 747-5733.

Upcoming

IF YOU GOTTA SWIM, YOU MAY AS WELL COMPETE

Meet at the base pool March 13 from noon to 2 p.m. for a competition swimming demonstration held by the Red River Valley YMCA Wahoo's. Youth ages six to 18 with an interest in com-

petitive swimming are encouraged to attend. All attendees will receive a special pass for the state championship meet the following weekend. For details call 773-2900.

POOL TOURNAMENT AT THE WAR CENTER

Stop by the first and third Friday of each month at 7 p.m. for 8-and 9-ball double-elimination tournaments. Cost is \$5 and the winner will receive half of all admission fees. The 1st Friday play 8-ball and the 3rd Friday play 9-Ball.

For details call the War Center at 747-5733.

ARTS AND CRAFTS SPECIALS AND CLASSES

Stop by the arts and crafts center and save during National Craft Month. March 11 is an "All Nighter" beginning at 7 p.m. and going until the tooth picks can't hold your eyelids open anymore. Also, have classes start at \$7.50.Wednesday and March 16 learn how to make Easter egg runners/place-mats from 10 a.m. to 2 p.m.; Thursday is a crochet dish cloths class from 10 a.m.

to noon, and a crochet button necklace class from 1 to 3 p.m.

BOXES FOR SALE

Outdoor recreation has a variety of boxes for sale. Current sizes/prices are: small/\$1.30, medium/\$2, large/\$2.40, dish pack/\$7.50, wardrobe/\$8.80, hanger bar for wardrobe box/\$1.40.

For details call outdoor recreation at 747-3688.

HOW DOES YOUR GARDEN GROW?

Attend a free seminar on gardening March 16 from 11:30 a.m. to 1:30 p.m. at the community activities center. Bring a brown-bag lunch or purchase lunch from Fast Eddies or the bowling center, For details call 747-6104.

SLEEP IN, HAVE BREAKFAST

Stop by Fast Eddie's for an "Almost Continental Breakfast." Grab a bowl and help yourself to a variety of hot and cold cereals. Cost is \$1.50 and breakfast is served until 11:30 am. For details call 747-6201.

Base Activities/Local Area

Base chapel

CATHOLIC:

Sunday Mass: 9 a.m., Sunflower Chapel.
Weekday Mass: 11:30 a.m., Monday, Wednesday, and Thursday, Sunflower Chapel.
Reconciliation: 8:30 to 8:45 a.m., Sunday, Sunflower Chapel, or by appointment at 747-5673.
Catholic Scripture Study: Call 747-3073 for details.
Lenten Soup Dinner (6 p.m.) and Stations of the Cross (7 p.m.): Wednesday, Sunflower Chapel.
Confraternity of Christian Doctrine, Adult Education, Rite of Christian Initiation Adults and Sacramental Programs: 11 a.m., Sunday, Twining Elementary School.
Lenten Penance Service: 7 p.m., Thursday, March 17 Sunflower Chapel.
 For details on educational programs, call Jane Hutzol at 747-3073.

PROTESTANT:

Traditional Worship: 11 a.m., Sunday, Sunflower Chapel.
Contemporary Worship: 6 p.m., Sunday, Prairie Rose Chapel.
Young Adults: 6 p.m., Friday, call Chaplain Swain 747-4359 for details.
Women's Bible Study: 7 p.m., Monday, Prairie Rose Chapel conference room.
Protestant Youth of the Chapel: 6:30 p.m., Wednesday, Prairie Rose Chapel annex.
Protestant Sunday School: 9:30 a.m., Sunday, Eielson Elementary School.



Men of the Chapel Bible Study: Noon, Monday, Prairie Rose Chapel conference room.
Men's Prayer Lunch: Noon, Saturday, Prairie Rose annex.

JEWISH:

Call B'nai Israel Synagogue at 775-5124.

MUSLIM, BUDDHIST, ORTHODOX, OTHER:

For details call 747-5673.

HOLY WEEK SCHEDULE

Catholic (Sunflower Chapel):

March 24, 7 p.m., Holy Thursday.
 March 25, 11:30 a.m. and 7 p.m., Good Friday.
 March 26, 8:30 p.m., Easter Vigil.
 March 27, 9 a.m., Easter Sunday.

Protestant (Prairie Rose Chapel):

March 24, 6 p.m., Maundy Thursday Service.
 March 25, 6 p.m., Good Friday Service.
 March 27, 8:30 a.m., Easter Sunrise Service.

Base theater

Today, 7 p.m.

Hide and Seek (R)

(Robert DeNiro, Dakota Fanning) As a widower tries to piece together his life in the wake of his wife's suicide, he discovers that his young daughter is coping with the death in a strange and scary manner. His daughter, Emily, finds solace by creating a creepy, maniacal imaginary friend with a terrifying vendetta. Imaginary friends can seem so real...

Saturday, 7 p.m.

Alone in the Dark (R)

(Christian Slater, Tara Reid) A supernatural detective named Carnby travels to Shadow Island to solve the mystery of a friend's death. He discovers the secrets of an ancient tribe that worshiped demonic forces which gave them incredible powers. With the help from his former girlfriend, an archeologist who has the knowledge to stop the demons, Carnby must now fight against their attempts to conquer the Earth.

Mar. 11, 7 p.m.

The Wedding Date (PG-13)

(Debra Messing, Dermot Mulroney) Kat Ellis's younger, half-sister, Amy, is getting married before her, but to add insult to injury, the groom's best man is Kat's ex-fiancée, Jeffrey. Unable to bear the thought of attending alone, she hires an escort to play her boyfriend.

Mar. 12, 7 p.m.

Phantom of the Opera (PG-13)

(Gerard Butler, Emmy Rossum) A disfigured musical genius haunts the catacombs beneath the Paris

Opera, waging a reign of terror over its occupants. When he falls fatally in love with the lovely Christine, the Phantom devotes himself to creating a new star for the Opera, exerting a strange sense of control over the young soprano as he nurtures her extraordinary talents.

March 18, 7 p.m.

Are We There Yet (PG)

The fledgling romance between Nick, a playboy bachelor, and Suzanne, a divorced mother of two, is threatened by a particularly harrowing New Year's Eve. When Suzanne's work keeps her in Vancouver for the holiday, Nick offers to bring her kids to the city from Portland, Oregon. The kids, who have never liked any of the men their mom has dated, are determined to turn the trip into a nightmare for Nick.

March 19, 3 p.m.

Poob's Heffalump Movie (G)

The residents of the Hundred Acre Wood try to catch the terrifying Heffalumps, who have come into the forest. But Roo, too young to help in the hunt, comes across a young Heffalump named Lumphy, who proves that Heffalumps aren't at all what people say. Thanks to Roo and Lumphy's friendship, everyone learns a valuable lesson about working together.

March 19, 7 p.m.

Boogeyman (G)

A man traumatized by the memories of terrible events he experienced in his childhood bedroom is forced to return home several years later to face his fears.

Tickets: \$1.75 children, \$3.50 adults.
For details call 747-3021/6123

Local Area

Master Chorale

Grand Forks (Sunday)

Mozart and Mendelssohn, Handel and Haydn, Gilbert, Sullivan and more will be on tap when the Grand Forks Master Chorale and their special guests, the Fargo-Moorhead Chamber Choir, perform "An Evening of Oratorio and Opera Choruses," Sunday at 4 p.m., at United Lutheran Church in Grand Forks.

Tickets for the Sunday concert are available in advance at the Chester Fritz Auditorium Box Office at 777-4090. Ticket prices: General Audience: \$12 in advance, \$15 at the door; Senior Citizens: \$8 in advance, \$10 at the door; Students: \$5 in advance, \$7 at the door.

The 30-plus voice Grand Forks Master Chorale is conducted by Dr. Michael J. Weber, and the nearly 30-voice Fargo-Moorhead Chamber Choir is conducted by Dr. Jo Ann Miller. Susan Nagel is accompanist. Acclaimed vocalist Maria Williams Kennedy will perform several solos as part of the concert.

Home and Garden Show

Minot, State Fair Center (March 5-6)

The 30th annual show sponsored by the Minot Association of Builders and includes 200 exhibitors featuring the latest products and services from home construction, remodeling, landscaping, gardening and many other associated businesses. Seminars will also be held throughout the day.

The show will also feature projects, such as lawn furniture and planters, made by area high school students. Show hours are 9 a.m. to 6 p.m. on Saturday and 11 a.m. to 4 p.m. on Sunday. For more information call (701) 852-0496.

Sensational Sundays

Bismarck (Sunday, March 13 and 20)

The Heritage Center on the Capitol Grounds in Bismarck is home to a series of musical performances in March. A different group or person is scheduled to perform each Sunday. The free program begins at 2 p.m.

On March 6, the Heart River Band from Mandan will play bluegrass and gospel music; on March 13, Bill Schott will give his world-class Elvis impersonation with songs from the King; and on March 20, the Fauske Fiddlers from Bottineau will perform. For more information call 328-2666; or go to www.state.nd.us/hist.htm.

Home Show

Bismarck Civic Center (March 11-13)

The annual Bismarck-Mandan Home Builders Association Home Show features 300 booths exhibiting all aspects of home improvement, remodeling and building. The show is in the Bismarck Civic Center. Hours are 5-9 p.m. on March 11, 10 a.m. to 5 p.m. on March 12, and noon to 5 p.m. on March 13. For more information call 222-2400; or go to bmhba.com/home_show.asp.

Exploring the American Indian Experience

Grand Forks (Today through Tuesday)

UND invites the Greater Grand Forks community to "Exploring the American Indian Experience," a series of activities designed to build community awareness and understanding of American Indians on Tuesday at the Barnes and Noble bookstore.

Through a series of community forums and book discussions, participants will have the opportunity to learn more about the many aspects of contemporary Indian issues and cultures. The featured book is *Essie's Story: The Life and Legacy of a Shoshone Teacher*, by Esther Burnett Horne and Sally McBeth.

Exploring the American Indian Experience" community forums are also scheduled to enhance the knowledge of the unique history and culture of American Indians. All events are free and open to the public.

Community event

There will be a community event open to everyone, especially families of deployed members on March 19 from 9 - 11 a.m. at Liberty Square. The event is sponsored by the 319th Operations Group. The schedule of events is:

9 a.m.	Doors open.
9:15 a.m.	Egg toss. (all ages)
9:30 a.m.	Egg hunt (ages three and under).
9:30-10:15 a.m.	Photos with Easter Bunny.
9:45 a.m.	Egg hunt (ages four - seven).
10 a.m.	Egg hunt (ages eight - 12).
10:30 a.m.	Egg toss. (all ages)
10:30 - 11 a.m.	Photos with Easter Bunny.

There will be breakfast food served throughout the morning, face painting and games for children and community information for parents presented by various base units.

Sports

Sports Shorts

SKI EXPRESS

Looking for some excitement? Reserve a spot by Tuesday for either of these great ski adventures: March 12 in Frost Fire Resort, Walhalla, N.D., or marching in Alexandria, Minn., to ski Andes Tower Ski Area. For details call outdoor recreation at 747-3688.

LADIES ICE FISHING TRIP

Join outdoor recreation for a day of ice fishing at an area lake March 12. This trip is geared primarily for the novice fisher-woman; however, those more advanced will find an enjoyable day also. Cost is \$22.50 per person and includes heated shanty, equipment, bait, instruction and off-shore lunch. Participants need to dress according to

the weather. Price does not include fishing license. Sign up by Wednesday, availability is limited. For details call 747-3688.

ICE FISHING EQUIPMENT

Outdoor recreation has all your ice fishing needs. Outdoor recreation has two-and four-person portable ice shanties, 10-inch ice augers and portable propane heaters. For details call 747-3688.

GOOD AT POOL? PROVE IT

The community activities center holds a 9-ball pool tournament March 20. Cost \$6.50 to participate and the first round begins at 3 p.m. Stop by for details, or call 747-6201.

Bowling

COMM-B	120-64
AMXS	118-66
LRS-A	115-69
MSS	109-75
MXS	107-77
911th ARS	106-78
COMM-A	104-80
LRS-B	99-85
CES	98-86
905th ARS	94-90
MDG	92-92
SVS	86-98
SFS	76-108
CPTS	74-110
LRS-C	70-114

Intramural Standings

Volleyball

LRS	2-0
MXS	2-0
SFS	1-0
MOS	1-1
MDG-A	1-1
SVS/CS	1-1
CES	1-1
OSS	0-1
MSS	0-2
MDG-B	0-2

Darts

MOS	39-13
LRS	30-22
SFS	21-18
CS	20-19
MSS	17-22
CES	19-33
SVS	10-29